

## Regional Competition

**Contest: Action Skills**  
**Contest Site: Alfred Campus**

**Competition Date: Tuesday, March 09, 2010**

**Contestant # \_\_\_\_\_**

Items Evaluated	Possible Points	Rate Points	Comments
Introduction clearly identifies scope of demonstration	100		
Demonstration is organized in a logical sequence	200		
Explanation is complete to adequately cover the skill demonstrated	300		
Closing is appropriate	100		
Demonstration is interesting and informative	250		
<b>SUBTOTAL</b>	<b>100</b>		
<b>TIME PENALTY</b>	<b>Up to -50</b>		
<b>CLOTHING PENALTY (MINUS 5% OF TOTAL PTS)</b>	<b>Up to -50</b>		
<b>SAFETY PENALTY(5% OF TOTAL PTS)</b>	<b>Up to -50</b>		
<b>TOTAL POINTS</b>	<b>1,000</b>		

**Chairperson Constance Range**  
**Wayne Technical and Career Center**  
**315-589-2644**

**Three minutes to set up and three minutes to clear after demonstration**  
**Five minutes allowed for demonstration, can not go beyond seven minutes**  
**Contestants are responsible for their supplies and equipment**

**Contest chair will provide a table for demonstration purpose.**